Felton Institute in partnership with California Institute for Behavioral Health Solutions (CIBHS)

Cognitive Behavioral Therapy for Psychosis (CBTp) Training and Implementation

Melissa Moore, PhD
Director,
Felton Institute
Research and Training

Percy Howard, LCSW
Vice President of Programs & Operations,
California Institute for Behavioral Health Solutions
Learning Partnership and Collaboration

Offering the most relevant, innovative, and effective training and implementation programs requires:

- Learning from one another
- Partnership and sharing ideas
- Willingness to adapt

Felton Institute, CIBHS, and The BeST Center will demonstrate two methodologies for CBTp implementation today.
Prevention and Recovery from Early Psychosis Program was incubated in Felton Research and Training under the Clinical Training Direction of Dr. Kate Hardy.

- PREP provides CBTp for individuals with a recent-onset of psychosis in a community setting.
- Since its inception, PREP has provided diagnostic and/or referral services to 842 individuals and treated 482 individuals in 5 Northern California counties.
CIBHS History

• The California Institute for Behavioral Health Solutions (CIBHS) is a non-profit agency that helps health professionals, agencies and funders improve the lives of people with mental health and substance use challenges through translation of policy to practice change, training and implementation, evaluation, workforce development, technical assistance, and research.

• CIBHS was established as the California Institute for Mental Health (CiMH) in 1993 to promote excellence in mental health services. Local mental health directors founded CiMH to work collaboratively with all mental health system stakeholders. The commitment to collaboration has led the board to expand board membership to include consumers, family members, and other interested persons representing the public interest.

• On July 1, 2014, CiMH merged with the Alcohol and Other Drug Policy Institute (ADPI) to form the California Institute for Behavioral Health Solutions (CIBHS).
Collaboration and Partnership

- CIBHS & Felton Institute Partner with Insight UK
  - Provided series of 1 day intro to CBTp workshops across California with Douglas Turkington and David Kingdon
  - Insight UK provided Master Trainer Training in CBTp for Clinicians to Felton/CIBHS Trainers
  - Insight UK provided Master Trainer Training in CBTp High Yield
  - Training and implementation in both models took place across California
  - In response to the specific needs of both providers, and populations served in CA, a new model was formed in collaboration with Sara Tai and Robert Reiser.
Lessons Learned

- Learn from Partners: collaborative efforts from other leaders in the field
- Supervisory support is essential
- Consistent coaching increases engagement
- Infrastructure to support practice ongoing
  - Who should be trained?
  - Are we addressing the specific needs of the populations served in your organization?
  - Will the organization support CBTp ongoing?
Cognitive Behavioral Therapy for Psychosis for Front Line Providers (CBTp FLP)

- Pre-Implementation Planning Meeting (in-person or webinar, conf. call)
- Pre-Training Participant Survey
- 2 Day Initial Clinical Training for Supervisors and Staff
- 1 Day Training for Supervisors Only
- Coaching – 11 one hour sessions
  - Supervisors and Staff for the first month, supervisors only for the remainder
  - 2 times per month for 8 sessions total followed by
  - 1 time per month for 3 sessions total
Review of 2 Supervision Tapes using the evidence-based clinical supervision model developed by Derek Milne

Review of CBTp FLP Checklist to monitor fidelity to the model

Monthly Administrator Calls (for TA, peer to peer learning support)

Evaluation Protocol and strategy—measure effectiveness of practice at client level

- Data Coordination and Collection
- Bi-annual Program Performance Dashboard Reports
Evaluation Protocol CBTp FLP

- At the beginning of services and every 1 month, practitioners will be asked to administer brief assessment tools.
- Evaluation is a main component of providing CBTp FLP. Without evaluation, we have no way of knowing if the service is successful.

<table>
<thead>
<tr>
<th>Assessment Tool</th>
<th>Description</th>
<th>Type of tool</th>
<th>Time to complete</th>
</tr>
</thead>
<tbody>
<tr>
<td>Patient Health Questionnaire (PHQ-9)</td>
<td>Measures the severity of depression</td>
<td>Client Self-Report</td>
<td>2-5 minutes</td>
</tr>
<tr>
<td>Generalized Anxiety Disorder (GAD-7)</td>
<td>Measures the severity of anxiety</td>
<td>Client Self-Report</td>
<td>2-5 minutes</td>
</tr>
<tr>
<td>Distress Rating Scale</td>
<td>measures distress rate</td>
<td>Client Self-Report</td>
<td>2-5 minutes</td>
</tr>
<tr>
<td>Global Functioning Scale – Social and Role</td>
<td>Measures functioning in areas of relationships and school/work</td>
<td>Practitioner/Client report</td>
<td>5-10 minutes</td>
</tr>
<tr>
<td>Work and Social Adjustment Scale</td>
<td>Measure of functioning and Adjustment</td>
<td>Client Self-Report</td>
<td>5-10 minutes</td>
</tr>
<tr>
<td>Outcomes Rating Scale/Youth Session Rating Scale (ORS/YSR)</td>
<td>Process measures</td>
<td>Client Self-Report</td>
<td>1-2 minutes</td>
</tr>
</tbody>
</table>

- Two important questions guide the evaluation:
  - Is service benefitting clients as intended?
  - Is service progressing as planned?

- The tools that practitioners will administer are brief, valid and reliable.
- Results will be entered into electronic data reporting system called eBHS. Data entry is easy and simple and will not take much time.
To join our collaboration or to find out more information about how you can implement CBTp FLP please contact:

Percy Howard, LCSW, Chief Program Officer, CIBHS
- phoward@cibhs.org
- 916-556-3480

Melissa Moore, PhD, Director, Felton Institute Research and Training
- mmoore@felton.org
- 415-474-7310